



Week ending issue: April 8, 2016 – Issue # 289

Policy

Policy from the WIC State Operations Policy and Procedure Manual – Policy 430.12 WIC & Bureau of Nutrition and Health Promotion Core Values

Core values of an organization are the guiding principles on how the organization's employees perform and conduct themselves. Core values are constant and do not change.

The State WIC staff developed WIC Core Values. The Bureau of Nutrition and Health Promotion Staff (which includes WIC staff) developed core values for the Bureau.

Below are the WIC core values that were developed:

- Competence
- Accountability
- Integrity
- Respectful Service
- Quality
- Effective Communication
- Partnership
- Positive

Below are the Bureau of Nutrition and Health Promotion core values that were developed:

- Honesty
- Family
- Respect
- Communication
- Health
- Work Ethic
- Knowledge
- Flexibility

Information

Congratulations!

Jill Lange has accepted the position as bureau chief for Nutrition & Health Promotion effective April 22. Jill's experience in the community setting at two county hospitals and her nine years of WIC experience at IDPH provide a strong foundation for leading the work and activities of the bureau programs. Please join us in congratulating Jill on her new role; we know she will do a fantastic job as NHP Bureau Chief as she did State WIC Director!

Job Opening:

Marion County Public Health is now seeking a WIC Coordinator. If interested, please see the below link.

<http://www.marionph.org/docs/JOB%20VACANCY%20ANNOUNCEMENT%20WIC%20Coordinator%2002.2016.pdf>

Participant Centered Services:

General Guidelines of when to (or not to) interrupt from Molly Kellogg's Counseling Tips for Nutrition Therapists #164:

Interrupting is a complex issue that does not lend itself to easy answers. Personal style (yours and the client's,) cultural differences, the setting, and even your mood will affect this process. Here are some general guidelines to think about.

When not to interrupt:

- Client is **exploring reasons to make changes** or otherwise moving forward with a plan for change. As long as you hear progress, let it happen.
- Client is **expressing strong feelings** and seems to need to be heard. You may make some empathetic noises and reflect, but don't change the topic (Tip [#5](#)).

When to interrupt:

- The client is **wandering off topic**. Part of your role is to gently direct the client toward his stated goals. You can stop him to check if you are addressing what will move him in this direction.
- You have **heard some change talk** and you want to summarize it so both you and the client hear it and stay focused. Especially if you are beginning to hear more reasons to

not change, you might interrupt to summarize the change talk you heard and ask a key question (Tip [#60](#)) to get back on track.

- There is **limited time left** and you know you will not be able to cover everything. You stop to point out the time and ask the client to prioritize how to spend the remaining time.

How to interrupt:

- With **respect**: Perhaps start with the client's name. You could use single words or sounds, such as "Oh" or "Hmm."
- With an **apology**: Especially if you become aware that your style is very different from the client's, stop to apologize and acknowledge that your style may be a bit hard for the client. Offer to do your best to shift.
- With an **offer**: Beginning with "I have a thought" or "I've got an idea here" is a way to briefly interrupt while asking permission to go on. Wait for permission to provide your idea or advice.

Thank you of the Week:

"My favorite part about WIC is getting help purchasing more fruits and vegetables! My kids LOVE fruits and vegetables!" ~Davenport WIC Participant

eWIC Focus Update

eWIC Ready Vendor List

The e WIC Ready Vendor List is a document that shows which stores are eWIC ready throughout Iowa. Participants who have an e WIC card can use their card at the stores listed on this document. It also shows which stores are integrated and which use stand beside systems. This document can be found on the WIC Web Portal under the Training section and on the WIC website under the eWIC section. This list will be updated every Monday. Please let participants know where this document can be found and when they can check the document for updates.

Agencies Currently Using eWIC/Focus

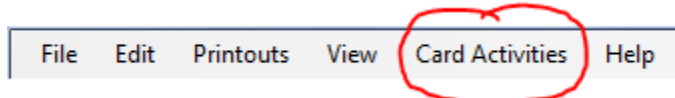
Marion County Public Health
Broadlawns
Johnson County Public Health
Mid-Iowa Community Action
American Home Finding
Scott County Health Department
Community Action of Southeast Iowa
Hawkeye Area Community Action Program
Hillcrest Family Services

Size of eWIC Purchases

Participants are unable to purchase more than 50 “individual WIC items” during an eWIC transaction. The reason for this is to keep the size of the purchase request message small enough that it can get to the eWIC Host (WIC Direct), without the message being timed out as it is transmitted. An individual WIC item is based on UPCs. If a participant bought 2 gallons of milk of the same brand/size/exact same UPC, this would count as one individual WIC item. If they tried to buy 1 gallon of whole milk and 1 gallon of skim milk, this would be considered 2 individual items.

Focus Tip:

There is a way to print the Family Food Benefits list **without** issuing or reissuing food benefits! To print a Family Food Benefits list simply open the family whose benefits list you want to print and select Card Activities from the top menu bar.



Then you can select Print Family Food

Benefits from the drop down list.

Find us on Facebook-

<https://www.facebook.com/IowaWIC>



Training

Breastfeeding Education for Iowa Communities

North Central Iowa Breastfeeding Coalition is co-sponsoring with North Iowa Area Community College (NIACC) and our NICAOWIC agency the **Breastfeeding Education for Iowa Communities on June 7th in Mason City**. As noted in the form, nursing and (CDR approved) dietitian CEUs will be available. See the program information and registration form at the end of this issue of the Friday Facts.

CEU Opportunity

If you are a Nurse or Dietitian in need of CEU's see the flier at the end of this edition of Friday Facts for the Healthy Lifestyles Conference hosted by the partners of the Southeast Iowa Regional Coalition for Lifestyle Enhancement.

March: No NETC this month
May: No NETC this month
July: NETC Webinar (All new staff) – July 14, from 8:30-11:30 NETC Webinar (Health Professional) – July 21, from 8:30-11:30 NETC Webinar (Support Staff) – July 28, from 8:30-11:30
September: NETC Webinar (All new staff) – September 15, from 8:30-11:30 NETC Webinar (Health Professional) – September 22, from 8:30-11:30 NETC Webinar (Support Staff) – September 29, from 8:30-11:30
November: ***Please note the dates in November*** NETC Webinar (All new staff) – November 10, from 8:30-11:30 NETC Webinar (Health Professional) – November 16, from 8:30-11:30 NETC Webinar (Support Staff) – November 17, from 8:30-11:30

Dates to Remember-

- Infant/Child Workshop- August 2, 2016
- WIC Contractor Meeting- August 30, 2016
- Communication and Rapport Workshop- October 26, 2016

Note: Due to state-wide rollout of eWIC the Breastfeeding and Maternal Core Workshops will not be held this year. Instead, CPA/Non CPA Health Professionals hired between March 2015 and March 2016 and any other CPA/Non CPA Health Professional who hasn't yet attended one (or both) of these workshops must complete the designated substitute module(s) found under

Core Training Workshops on the Personnel section of the Training page on the WIC Web Portal. Before beginning the module(s) please see the “Preamble to the 2016 Breastfeeding and Prenatal & Postpartum Nutrition Modules” (also located on the web portal) for more information before starting the module(s).

Available Formula-

Product	Quantity	Expiration Date	Agency	Contact
Vivonex T.E.N.	60- 2.84 oz. packets	11/2016	State WIC Office	Nicole Newman 515-281-4545
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 – 6 packs of 6 oz. containers	4/1/16	HACAP	Angela Munson 319-366-7632
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105
Keto Cal 3:1, 11 ounce unflavored powder	25 containers	8 containers <u>Expire: 9/4/2016;</u> 2 containers <u>Expire: 6/1/2016;</u> 14 containers <u>Expire: 5/10/2016;</u> 1 container <u>Expires: 4-16-2016.</u>	HACAP	Angela Munson 319-366-7632

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Healthy Lifestyles Conference

Wednesday, April 27, 2016
Comfort Suites
Burlington, Iowa
8:00am - 4:30pm

Featured Speakers:

Ellyn Satter Institute

Sue Clarahan, RD, LD, CEDRD

Registration: \$75 postmarked by April 22

CEUs available for Nurses and Dietitians

For more information or to download
a brochure please call: (319)753-0193
or visit www.leecountyhd.org, "Special
Events" section



Find us on Facebook under:
Healthy Lifestyles Conference



The Healthy Lifestyles Conference is sponsored by
the partners of the Southeast Iowa Regional
Coalition for Lifestyle Enhancement.



UNIVERSITY OF MINNESOTA
Driven to Discover™

2016 NATIONAL MATERNAL NUTRITION INTENSIVE COURSE

July 27-29, 2016

Minneapolis, Minnesota

www.sph.umn.edu/ce/mnic



This continuing education program focuses on the improvement of maternal and infant health through the delivery of risk-appropriate, high-quality, nutrition services. It is designed for dietitians, nutritionists, certified nurse midwives, registered nurses and nurse practitioners, physicians and public health professionals who serve preconceptional, pregnant, postpartum and breastfeeding women.

Visit the program [web site](http://www.sph.umn.edu/ce/mnic) to learn more and to register.

Conference Topics

This year's conference topics include:

- Opioid and Marijuana Use During Pregnancy and Lactation
- Support for Families of Infants with Neonatal Abstinence Syndrome
- Effects of Depression on Nutrition and Weight in Pregnancy
- Nutrition as an Integral Part of Preconception and Interconception Care for Women
- Influencing Eating Behaviors of Parents and Children: Marketing & Labeling Policies and Behavioral Economic Strategies
- Microbiome and Obesity
- Taste Preferences and Feeding Behaviors of Parents & Young Children
- Child and Adult Care Food Program (CACFP) Guidelines
- Talking about Nutrition and Weight Before and Between Pregnancies

Distance Learning Opportunities

Distance education options are available for certain sessions. Up to 12 CEUs are available for distance viewers. The distance education program will be available from September 1 through November 30, 2016.

Additional information about the program, along with registration materials, can be found on the [web site](#) .

We're transitioning the National Maternal Nutrition Intensive Course mailing list to a new service. To opt in to our new list [sign up here](#).

The National Maternal Nutrition Intensive Course is supported in part by:

Food and Nutrition Services, U.S. Department of Agriculture, under Grant Agreement No. WIC-UNIV.MN-16. Financial support of this course provided by the Food and Nutrition service cannot be interpreted as an endorsement of the views presented by the course speakers.

Health Resources and Services Administration/Maternal and Child Health Bureau through T79MC00007-27-01, Public Health Nutrition Grant. Contents are solely the responsibility of the authors and do not necessarily reflect the official views of the agency.

BREASTFEEDING EDUCATION

For Iowa Communities



Developed by the Iowa Breastfeeding Coalition

Sponsored by NCIBC, NICAQ, and NIACC

*The purpose of this training is to enhance your knowledge
And equip you in providing support to breastfeeding families.*



DATE: Tuesday, June 7, 2016

TIME: 9:00 a.m. – 3:00 p.m. (registration begins at 8:30 a.m.)

PLACE: North Iowa Area Community College, Muse-Norris Conference Center
500 College Drive
Mason City, IA 50401

Objectives:

- Review strategies that address barriers to breastfeeding
- Identify common myths about breastfeeding
- Identify factors that impact milk production
- Explain importance of position and latch in attaining breastfeeding success
- Explain how to maintain milk production during separation
- Identify breastfeeding concerns (engorgement, plugged ducts, sore nipples, and low milk production) and strategies to resolve them
- Review proper use of breastfeeding aids such as nipple shields, breast pumps, and supplementers

Intended Audience

Individuals that work with breastfeeding families including hospital staff, physician office staff, nurse practitioners, midwives, nurses, dietitians, public health staff, WIC staff, peer counselors, childbirth educators, nurse educators, doulas, family support workers, La Leche League, and other interested community supporters.

Presenters

Beth Buchholtz, RN, IBCLC is an IBCLC in private practice and runs Naturally Nourished Services. Beth also works as a lactation consultant at Iowa Specialty Hospital in Clarion, Iowa.

Sonni Martzahn, RN, IBCLC works in the Birth Center of the Floyd County Medical Center in Charles City, Iowa, as a nurse and lactation consultant.

Schedule

own	8:30 a.m.-9:00 a.m.	Registration	11:30 a.m. – 12:30 p.m.	Lunch on your
Session	9:00 a.m. – 9:15 a.m.	Welcome	12:30 p.m. – 1:30 p.m.	Education
	9:15 a.m. – 10:15 a.m.	Education Session	1:30 p.m. – 1:45 p.m.	Break
	10:15 a.m. – 10:30 a.m.	Break	1:45 p.m. – 2:45 p.m.	
	Education Session			
	10:30 a.m. – 11:30 a.m.	Education Session	2:45 p.m. – 3:00 p.m.	
	Questions/Evaluation			

Accreditation - Professional Continuing Education Credits are available.

0.48 CEUs for Registered Nurses and Licensed Practical Nurses. NIACC is Iowa Board of Nursing Provider #3.

4.0 CEUs for Registered/Licensed Dietitians (through NICAQ)

All other participants will receive a CE certificate reflecting 4.0 hours of education

BREASTFEEDING EDUCATION
For Iowa Communities
(cont.)

Registration

Name

Address

City

State _____

Zip Code _____

Phone

Email

Employer

Credits (Please check all that apply)

_____ Licensed Nurses (RN or LPN) – 103281 - \$47

_____ Other Professionals (including Registered/Licensed Dietitians) and Attendees – 103280 - \$35

Professionals, please provide the following information:

Profession: _____ License #: _____

To Register:

Call North Iowa Area Community College (NIACC), Continuing Education Department at **888-466-4222 ext. 4358** or **641-422-4358**.

Fax: 641-422-4112 or return this form by mail with payment to:

North Iowa Community College
Continuing Education Department
500 College Drive
Mason City, IA 50401

Pre-payment is required for all attendees. Make checks payable to **North Iowa Area Community College**.

PRE-REGISTRATION IS REQUIRED BEFORE MAY 15, 2016.

Location

Please note that the conference is taking place at the NIACC – Muse-Norris Conference Center, located at 500 College Drive in Mason City, IA.

Refund Policy

Participants who notify NIACC Continuing Education – 641-422-4358 – to drop a Continuing Education class 48 hours before the class start date will receive a 100% refund. If after hours, you must leave a message. No refund will be issued for failing to attend class. In the event that the college cancels a class, 100% tuition will be refunded.

North Iowa Area Community College is committed to the policy that all persons shall have access to its programs, facilities, and employment without discrimination based upon race, religion, colors, creed, sex (including pregnancy), sexual orientation, gender identity, national origin, marital status, age, disability (physical or mental), veteran status, or genetic information.